



The Kicking Horse River
Touring Guide

Yoho National Park



Environment Canada Environnement Canada

Parks Service Service des parcs

Welcome to the Kicking Horse River

The Kicking Horse River in Yoho National Park, British Columbia, is a classic example of a glacier-fed mountain river. Its source is the meltwater from the icefields that straddle the Great Divide. The Kicking Horse flows through the Eastern and Western Main Ranges of the Rocky Mountains.

Near the river's source, you are surrounded by the Eastern Main Ranges, some of the highest peaks in the Rockies. Here the river is narrow, steep and fast as it tumbles down the western slope of the Divide. Beyond the town of Field, the river valley widens, the current slows and the rugged peaks of the Eastern Main Ranges give way to the more pyramid shaped mountains of the Western Main Ranges.

From Wapta Lake, in Kicking Horse Pass, to the park's western boundary, the river drops 800 m over 49 km. After leaving the park, downstream from Wapta Falls, the river tumbles through the Kicking Horse River canyon and joins the Columbia River at Golden.

In recognition of their historical, scenic, and recreational importance, the section of the Kicking Horse River in Yoho National Park, and its major tributary the Yoho River, were included in the Canadian Heritage Rivers System* in 1989. The Canadian Parks Service manages the river, ensuring that the natural and historical features for which it was nominated are preserved and interpreted for park visitors. In addition, the Canadian Parks Service provides for recreational enjoyment of the river, through river or highway touring.

This touring guide describes the 52-km section of the Kicking Horse river from its source to Crozier Bridge, just past Yoho National Park's western boundary. We hope it will help you plan your trip and that you will take it along as you explore the river by land or water. However, the Canadian Parks Service cannot take responsibility for the misuse of this

information or for the failure of paddlers to adequately assess their ability. River conditions may change considerably with water levels. The decision to run this river, or any reach or rapid, rests solely with the individual.

Although the Yoho River was designated to the Canadian Heritage Rivers System along with the Kicking Horse, this guide does not include information on travel along it. Canoeing the Yoho is extremely difficult and paddlers must check with park wardens or the Information Centre in Field before attempting a descent. You can drive up the Yoho valley for 11 kilometres as far as Takakkaw Falls. From here there are a variety of spectacular hiking trails. A very useful guide for hikers, published by Friends of Yoho, is available at the Information Centre.

Canada's national parks and the Canadian Heritage Rivers System preserve our environment in its natural state for the enjoyment of all Canadians and their international visitors. As you travel along the river, please remember that you too are an environmental citizen and treat the river with the respect it deserves. We hope this guide helps you enjoy and learn about this Canadian Heritage River.

^{*} See back page for more information on the Canadian Heritage Rivers System.

National Park Regulations and Important Information

You must purchase a National Park Motor Vehicle Permit at the Information Centre if you plan to stop in Yoho or travel on the park's secondary roads.

Safety registration for paddlers is not required, but it is wise to fill out a registration form anyway. Register at the Field Information Centre or with any park warden. Remember the law requires you to return your registration at the end of your trip.

Transport Canada requires that you have one approved life jacket with a whistle attached per paddler, a bailing device, a whistle and a spare paddle.

If you are going to fish, you need a **National Park Fishing Permit.** You can buy a season or seven-day permit at the Field Information Centre or from campground attendants.

You may camp in designated campsites only. Four campgrounds along the rivers offer a variety of facilities. Primitive campsites are located on most backcountry trails. A **Park Use Permit** is required to use primitive campsites. The permit is free and available at the Information Centre or from park wardens.

All natural and historic objects in the park are protected resources. You must leave them for others to enjoy.

River water may contain glacial silt, faecal streptococci or giardia. It should be filtered, then treated or boiled before drinking. To be safe, bring along your own drinking water.

It is very dangerous, as well as illegal, to feed wildlife in the park. For everyone's safety, admire wildlife from a distance. Pick up a copy of "You Are In Bear Country" at the Field Information Centre.

If serious problems arise and you need help, call the Warden Service at 343-6324 or the RCMP in Field at 343-6316.

History

In spite of the park's Cree name, an expression of awe and wonder, there is little evidence native people spent much time here. Thick forests, deep snow and a relative lack of big game offered little incentive for settlement. The park's early history is more closely linked to the search for a rail route through the Rockies. In 1858, this search led to the discovery of the Kicking Horse Pass by Sir James Hector, a surgeon, who served as a geologist with Captain John Palliser's Expedition. The Canadian Pacific Railway laid track through the pass in 1884, and in 1927 the Trans-Canada Highway followed the railway's route.

Topographic Maps

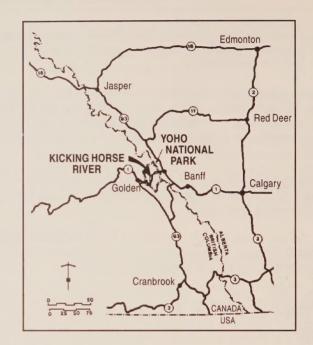
In 1993, The Department of Energy Mines and Resources will publish a single 1:50,000 map of Yoho National Park. It is expected to be on sale at the Field Information Centre and all National Topographic Series map outlets.

Individual 1:50,000 sheets for the Kicking Horse and Yoho rivers are: 82N1, 82N2, 82N7, 82N8, 82N9, and 82N10 in the National Topographic Series.

More information

If you would like more information about Yoho National Park please contact:

Yoho National Park Box 99, Field, British Columbia VOA 1G0 (604) 343-6324



Park's Campgrounds Campgrounds								y Heading					
Chancellor Peak	May - Oct.	64	~	V	~		~					V	Self-registration
Hoodoo Creek	June - Sept.	106	V	V	~	V			V	V	~	V	
Kicking Horse	May - Oct.	86	V	V	~	V		~	V	V	V	V	
Takakkaw Falls	June - Sept.	35	V	V	V		V						Walk-in

Exploring the River

By canoe...

From June to late August, paddlers can explore sections of the Kicking Horse and Yoho rivers by canoe or kayak. Turbulent rapids and waterfalls alternate with quiet sections that meander through a wide valley. Certain sections are not navigable, others are for expert paddlers in closed boats. Some sections, particularly in the Field and Ottertail reaches, are suitable for experienced paddlers in open canoes.

Fed by glaciers, water levels are high during spring run-off and remain quite high until the cool weather of autumn arrives. Water levels tend to be higher in the afternoon as the sun causes rapid melting of the glaciers. Two hazards to watch for are sweepers, and log jams on the upper ends of gravel bars. If you plan to canoe the Kicking Horse or the Yoho, it is important to talk to park staff at the Information Centre in Field before you set out.

We want you to have a safe trip on the Kicking Horse River. We recommend paddlers scout each of the rapids marked on the maps and assess their ability to navigate them safely. Avoid unpleasant surprises; haul your canoe or kayak out well above the rapids and make sure it is securely fastened.

Hypothermia is a distinct possibility if you fall in this glacial river. The water is seldom above 10°C in the summer. Prolonged immersion lowers the body's core temperature. Even after rescue, a victim may continue to cool and unconsciousness and death can follow. Heat from an external source such as a campfire, warm fluids (not alcohol) or another person's body is essential. Simply covering the victim cannot replace body heat. Wearing a wet suit will increase the amount of time you are able to stay in cold water without developing hypothermia. Wet suits are a good precaution if you are whitewater paddling. Learn about hypothermia before your trip.

By car...

The Trans-Canada Highway and the Yoho Valley Road follow the banks of the Kicking Horse and Yoho rivers for some 60 km through the park. Along the way there are many viewpoints and exhibits where visitors can admire the spectacular mountains and learn about the park's history and natural features. Please obey the speed limit. You'll see a lot more and save the park's wildlife.

On foot...

Yoho National Park has more than 400 km of trails for you to explore. A map is available at the Field Information Centre. This booklet highlights a few trails that offer a closer look at the Kicking Horse River. Before you set out:

- Check with park staff for the latest trail report, bear sightings and the daily weather report.
- On a long or steep hike take along some water. Water from natural sources should be boiled before drinking.
- Have the proper equipment for your trip.

Rafting River Difficulty

River difficulty is rated using the six-part International River Classification system. Individual rapid ratings are called classes, while sections are called grades. The rating system for rapids follows. The rating scale for river sections is based on the same difficulty levels, but is always indicated in Arabic numerals. Where two ratings are indicated for a specific rapid, the first rating applies to high water conditions and the second to medium-low water.

Class I - VERY EASY

- Suitable for povices in all boats
- Waves small and regular. Passages clear with occasional channel bars and artificial difficulties such as bridge piers.



Class II - EASY

- Suitable for intermediate open canoe, novice closed canoe or white water boat with intermediate accompaniment.
- Rapids of medium difficulty, with clear and wide passages. Low ledges, sweepers, snags, log jams and large protruding boulders may be present. Open canoes may ship some water.



Class III - MEDIUM DIFFICULTY

- Suitable for advanced paddlers in open canoes and intermediate paddlers in white water and closed boats.
- Waves numerous, high and irregular rocks, eddies and rapids with clear and narrow passages requiring precise manoeuvring. Inspection usually needed. Upper limit for open canoes, although extended reaches at this level are not recommended.



Class IV - DIFFICULT

- Suitable for advanced paddlers in closed canoes and white water boats. Not suitable for open canoes.
- Long rapids with powerful and irregular waves. Narrow passages through rocks and boiling eddies, requiring precise manoeuvring. Course difficult to reconnoitre from the water. Inspection mandatory.



Class V - VERY DIFFICULT

- Suitable for expert white water paddlers only.
- Extremely difficult, long and very violent rapids following each other almost without interruption. Channel bed is extremely obstructed. Big drops, steep gradient and violent current. Inspection essential but may be difficult due to nature of the terrain.



Class VI - EXTRAORDINARILY DIFFICULT

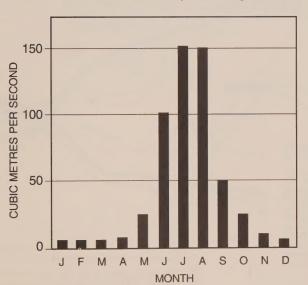
- Suitable for teams of expert white water paddlers, at favourable water levels and with adequate provision for rescue.
- Difficulties of Class V carried to extremes of navigability. Nearly impossible and very dangerous.

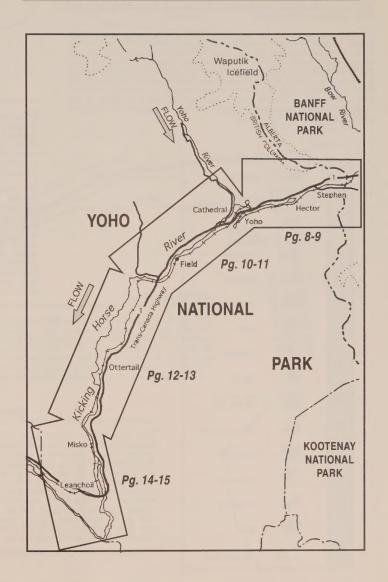


The park's climate is generally classed as "humid continental". However, Yoho's varied landscape creates many micro-climates, from very dry in the rain shadow of the Van Horne Range, to cool and wet in the Emerald Lake area. Rain and snow are common here. As moisture laden southwesterly winds rise to clear the high mountains, the air cools, the moisture condenses and falls as rain or snow. At Field the annual rainfall is 234 ml and snowfall, 323 cm. In July maximum and minimum temperatures average 22°C and 6°C. Nights can be cold. Warm clothes and rain gear are essential.

KICKING HORSE RIVER (Near Field)

Maximum Daily Discharge



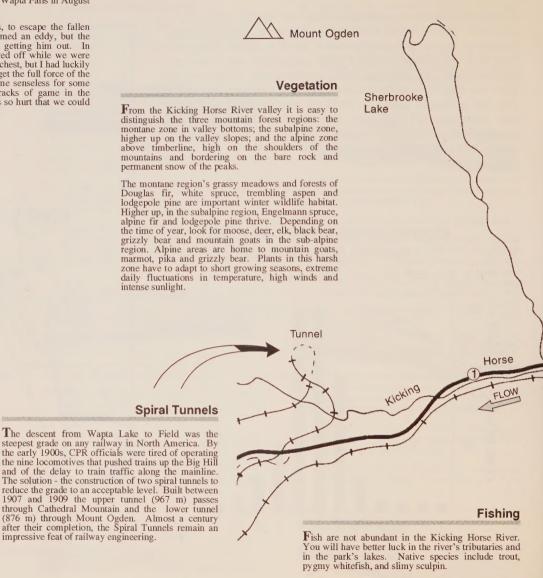


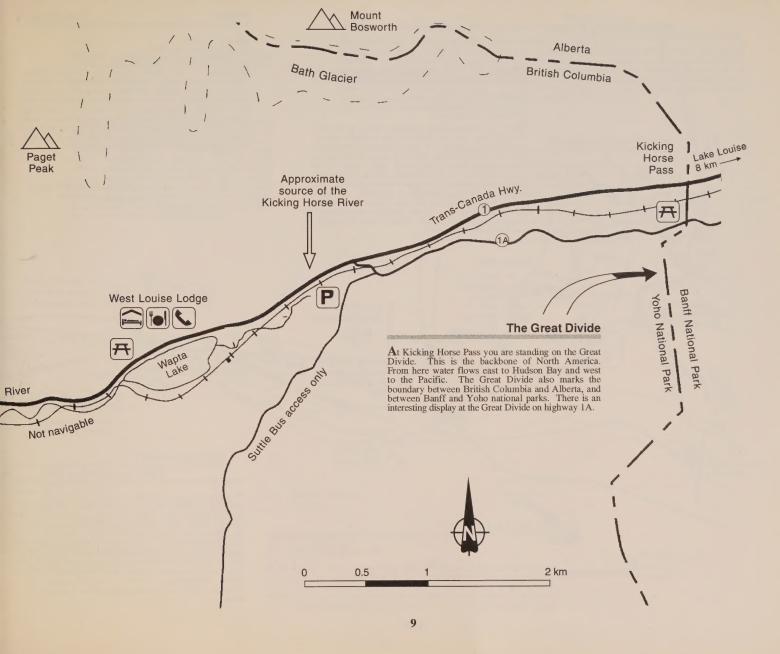
Kicking Horse River

The river's unusual name stems from an incident near Wapta Falls in August 1858. Sir James Hector writes:

"A little way above this fall one of our pack horses, to escape the fallen timber, plunged into the stream, luckily where it formed an eddy, but the banks were so steep that we had great difficulty in getting him out. In attempting to recatch my own horse, which had strayed off while we were engaged with the one in the water, he kicked me in the chest, but I had luckily got close to him before he struck out, so that I did not get the full force of the blow. However, it knocked me down and rendered me senseless for some time. This was unfortunate, as we had seen no tracks of game in the neighbourhood, and were now without food; but I was so hurt that we could not proceed further that day at least."







Torrent

Section

Not Navigable

In the area between the Emerald and Amiskwi rivers, archaeologists have found evidence of sites for butchering meat and preparing skins. Stone tools indicate native people used this area for transitory hunting camps

> Class I Class I



Natural Bridge Reach

End of first

Distance: 2.7 km Change in elevation: 66 m Difficulty: not navigable Below the Trans-Canada highway bridge at the end of Field Flats, the river narrows and descends rapidly to the Natural Bridge. A short distance downstream from the Natural Bridge the river cascades through a narrow gorge whose steep rock walls tower 90 m above the river. A day-use area affords visitors the opportunity to view this rugged stretch of river. The Natural Bridge was originally a waterfall. As water leaked through joints in the rock above the original

falls, it eroded a new course through the limestone. One of the joints eventually became large enough for

the river to flow through it.

3 metre Drop

Natural Bridge

Campground this reach comprises an impressive, braided outwash known locally as Field Flats. As the river's current slows it is unable to carry the larger particles that have washed downstream, his material is deposited, creating an outwash plain. Canoeists and kayakers must pull out at least 100 m above the Trans-Canada highway bridge, at the end of the reach. Below this point, the river becomes very swift and is unnavigable.

Beginning at the bridge below the Kicking Horse

Distance: 7.5 km Change in elevation: 48 m.

Difficulty: Grade 1



Golden 57 km Calgary 210 km Lake Louise 27 km -

Kicking Horse Lodge Bed & Breakfasts

FLOW

navigable section

Field (population 300)

Field

Nestled between Mt. Stephen and Mt. Dennis, the town of Field is located on the banks of the Kicking Horse River. Field was once an important railway centre. This was the last suitable building site before the steep climb to the summit of Kicking Horse Pass. Trains stopped here to add pusher engines before attempting the ascent up Big Hill. Today visitors will find a general store with a liquor outlet, service station, post office and the park's Information Centre. Accommodation includes a hotel and housekeeping suites in private homes.

Upper Kicking Horse Reach

Distance: 2.8 km

Change in elevation: 81 m

Difficulty: km 0 to km 1.6 - not navigable km 1.6 to km 2.8 - Grade 3

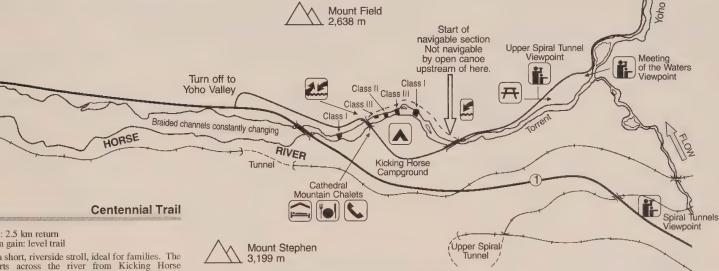
This reach of the Kicking Horse begins where the turbid, slate grey waters of the Yoho River mix with the clear waters of the Kicking Horse River. The river cascades in a torrent along a steep, narrow, boulder-strewn channel. The navigable section includes two Class III rapids as well as several rapids which vary between Class I and II. This short and exciting run is navigable by kayak and at certain water levels by open canoe. Scout from the east shore. This reach ends at the bridge just below Kicking Horse Campground.

The picturesque drive up the Yoho Valley to Takakkaw Falls is narrow, winding and steep. There is a parking lot at the start of the road for trailers. From here there is an excellent view of the avalanche slopes and the snow sheds built to protect the railway from avalanches coming off Mount Stephen. At the end of the Yoho Valley Road, a short paved trail leads to the base of Takakkaw Falls. At 254 m, almost five times the height of Niagara Falls, this is the second highest waterfall in Canada after Della Falls on Vancouver Island.

Meeting of the Waters

Yoho Valley

On a map, the Kicking Horse River begins as a small mountain stream flowing from Wapta, Summit and Sink lakes. The Yoho River is in fact the major source of the Kicking Horse, contributing some 80% of the river's water. The Yoho empties into the Kicking Horse River at the Meeting of the Waters. At this scenic viewpoint on the Yoho Valley Road, you will see the Yoho, carrying silt from the glaciers, join the crystal clear waters of the Kicking Horse.



Distance: 2.5 km return Elevation gain: level trail

ICKING

This is a short, riverside stroll, ideal for families. The trail starts across the river from Kicking Horse Campground and offers an excellent opportunity to see the river and Cathedral Crags. The Crags are great blocks of quartzite separated by fissures one to two metres wide and at least ten metres deep. Sunset is an ideal time to walk this trail and see the effect of the alpenglow on Cathedral Crags.

Walk in the Past Trail

Distance: 4 km return Elevation gain: 90 m

Walk in the Past self-guiding trail leads to an old, narrow gauge locomotive that the CPR used in the construction of the Spiral Tunnels. When it was no longer needed, workers moved the engine to this spur line that once served as a emergency line for trains out of control. You can pick up a brochure at the trailhead that describes the area's early railway history.

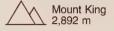


The Creation of Yoho National Park

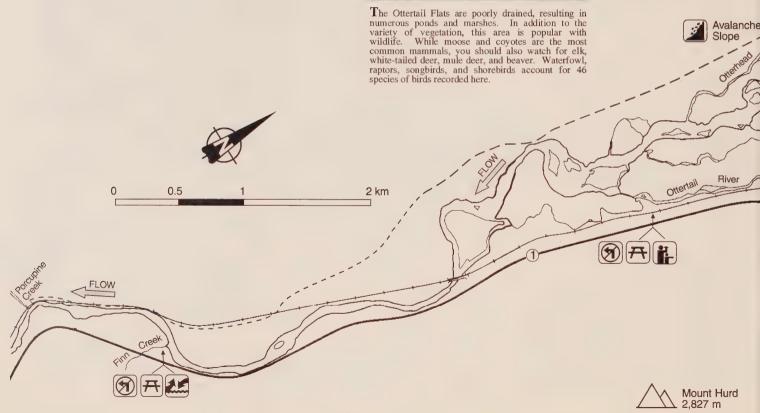
The beauty and accessibility of this area led the federal government to protect 26 sq km of land at the foot of Mount Stephen as a Dominion Park in 1886. Until 1930 the size of the park fluctuated until it was finally set at 1313 sq km. Yoho National Park is part of Canada's system of national parks, that protects examples of our country's unique natural and cultural heritage for present and future generations.

Avalanches

Avalanches cascade down the steep mountain slopes in this area. You will recognize avalanche chutes by their lack of trees. The force of the snow and the high winds that accompany avalanches remove any trees in their path. Once a path is opened up, other avalanches follow. Only certain types of vegetation, mostly shrubs, can survive this treatment.



Ottertail Flats



Kicking Horse Fire Road

KICKING

Distance: 19.5 km

Avalanche Slope Note: mountain bikes are allowed on this trail.

This trail starts at the Amiskwi Fire Circle. The first four kilometres of the fire road are wide and flat. Past the Otterhead River bridge, the trail is not maintained to the same standard. Experienced mountain bikers can follow the trail to Chancellor Peak campground. The trail follows the river for most of its length.



Ottertail Reach

Distance: 13.2 km

Change in elevation: 36 m

Difficulty: Grade 1, suitable for open canoes.

A gravel road from the Natural Bridge leads to Amiskwi Fire Circle, the start of one of the quieter sections of the Kicking Horse. The most popular put-in is between the two bridges. Immediately below the put-in is a short, fast section. People not familiar with the river should take a walk downstream and scout this section. Of particular note is a powerful eddy where the river makes a sharp, right turn.

Beyond this point the river slows and becomes braided. As it approaches Ottertail Flats its flow has slowed considerably and is confined to a single meandering channel until the end of the reach at Finn Creek. The valley in this reach is the widest in Yoho National Park and permits views of the spectacular peaks of the President and the Ottertail ranges. To the west, the river flows along the flank of Mount King, part of the Van Horne Range. Finn Creek picnic area is a good place to pull out before the river's current once again picks up.

view of President Range

Good upstsream

Class II



View of

Old abandoned road

Otterhead Valley

View of Ottertail Valley

Wapta Falls

All the water from the national park's glaciers and streams end up here eventually. These impressive falls flow across a wide ledge and drop approximately 27 m. There is a short, easy hiking trail from the Trans-Canada highway to the north side of the falls. The best view is from the portage trail, a fitting reward for the rigours involved in paddling this section. A day-use area on the Beaverfoot Rd., just outside the park's western boundary, affords motorists a panoramic view of Wapta Falls.

Wapta Falls Portage

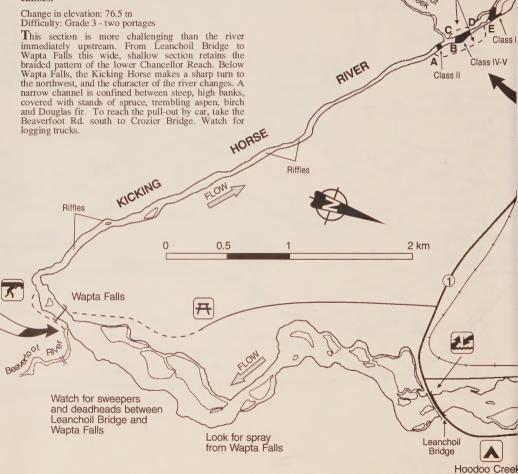
Canoeists must portage around Wapta Falls. There is a 600 m portage trail on the east (left) side of the river. The start is 14 m up the Beaverfoot River on the south side. The portage trail is steep in places and slippery when wet. Once paddlers get their first look at spray from the falls, they should stay to the east (left) side of the river. Immediately above Wapta Falls is a stretch of fast water. To avoid being swept into it paddlers must approach the falls with extreme caution. Several hundred metres above the falls, the Beaverfoot River empties into the Kicking Horse River on the east (left) side. The current on the Beaverfoot River ican be considerable and care must be taken on entering the current to avoid capsizing.



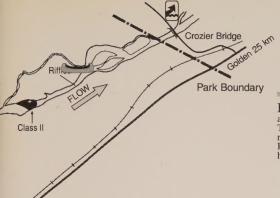
Wapta Falls Reach

Distance: 11.2 km, Leanchoil Bridge on the Trans-Canada to Crozier Bridge on the Beaverfoot Rd., just past the park boundary.

Note: There is no take-out between Leanchoil Bridge and Crozier Bridge. Paddling beyond Crozier Bridge is not recommended for open canoes.



Campground



Golden

From the park boundary to Golden you will travel along one of the most spectacular sections of the Trans-Canada highway in all the country. The road provides breathtaking views of the Kicking Horse River as it rushes through a canyon hundreds of metres below.

You are now leaving Yoho National Park and the reach of the Kicking Horse designated as a Canadian Heritage River. Below Crozier Bridge lies the Kicking Horse River Canyon, famous as a white water run. Only experienced paddlers in closed boats should attempt this reach. Others can experience the excitement on one of the white water rafting adventures offered by commercial operators. Information on rafting, camping, canoeing or fishing outside the park is available at the Field Information Centre, the Golden Travel Information Centre or from Tourism British Columbia, Parliament Buildings, Victoria, British Columbia, V8V IX4.

We hope you enjoyed your visit and learned a little about one of Canada's great rivers.

Washout Creek Rapids Portage

At Washout Creek a set of rapids is rated Class V at high water and Class IV at low water. The lower section has high and irregular standing waves. A bend in the channel adds to the difficulty of navigating these waves. While it is possible to run these rapids at certain water levels, this should only be attempted by experienced river paddlers after scouting the rapids. Land at point A and scout from the right shore. Most often a portage will be necessary.

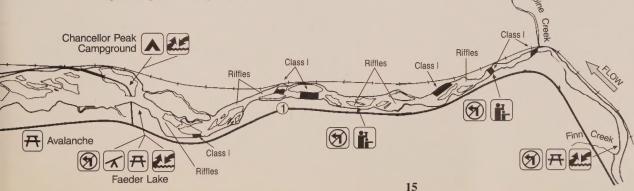
There are two possible approaches:

- Less experienced paddlers must choose this option. Portage on the right shore from point A to point E. The latter half of the portage is difficult as there is no trail through a dense stand of trees.
- Only experienced kayakers and canoeists should consider this option. Walk to point B to evaluate this section. Shoot or line the first set of Class III rapids and paddle to point C. Portage to point D.

Chancellor Reach

Distance: 6.7 km Change in elevation: 135 m Difficulty: Grade 2

Downstream from Finn Creek picnic area, a rocky ridge on the east side constricts the valley. The river flows southwest for one kilometre and then swings to the southeast. As the river rounds the ridge it becomes steeper and faster. There are frequent rapids and large riffles. At Faeder Lake picnic area the valley widens and the channel once again becomes braided. This run is more difficult at low water, when many of the channel bars are exposed, leaving only narrow chutes between them. Canoeists can easily reconnoitre this section from the highway.



CANADIAN HERITAGE RIVERS SYSTEM

The Canadian Heritage Rivers System (CHRS) was established in 1984 to give national recognition to the important rivers of Canada. It is a cooperative program between the federal and provincial/territorial governments to conserve the features and heritage values of significant rivers.

Each government participates on the Canadian Heritage Rivers Board to review nominations and oversee the System. For a river to be included in the system it must be of outstanding significance in one or more areas: human history, natural history or recreational value. The river must also be managed to protect and enhance its heritage resources for the benefit and enjoyment of future Canadians.

As of February 1993, twenty-five rivers, or sections of rivers, had been included in the Canadian Heritage Rivers System, in all provinces and territories except Prince Edward Island. Five of these rivers, including the Kicking Horse, are located in our national parks. The other four are:

South Nahanni River, Nahanni National Park Reserve North Saskatchewan River, Banff National Park Athabasca River, Jasper National Park Alsek River, Kluane National Park Reserve

The total length of the rivers included in the System is 5,700 kilometres. Since its creation in 1984, the program has become the fastest growing river conservation program in the world.

If you would like more information of the CHRS or on rivers included in the System, please contact:

Secretary Canadian Heritage Rivers Board c/o Canadian Parks Service Ottawa, Ontario K1A 0H3



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